



Wellness flash

SMART STEPS RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

JANUARY 2014

Take Charge of Your Diabetes!

Attend a **FREE** workshop that will empower you to take back your life & take charge of your **Diabetes!** This 6 week workshop will cover many topics including: healthy eating, meal planning, reading a food label, action-planning, monitoring blood sugar, decreasing stress, dealing with the difficult emotions, managing your medications, and effectively communicating with family, friends and health care professionals.

Class Dates: Jan. 16, 23, 30, Feb. 6, 13, & 20,

Time: 6:00-8:00 pm

Who: Anyone with Diabetes or caregivers of people with Diabetes

Location: RC Extension Office, 315 John R. Rice Blvd. Murfreesboro, TN. 37129

Want to sign up or have questions? Call: 615-898-7710

Presented by: Misty Layne-Watkins, RC Extension & LaShan Mathews, RC Health Dept.



ST>RTNOW

A movement to make this a healthier state

The Governor's Foundation is a key partner in helping us advance the Tennessee Department of Health Mission and Vision with three simple messages: **Get regular physical activity every day, Eat healthier foods in right-sized portions, and Enjoy life without tobacco or nicotine.** You can help.

Please go to the website <http://healthiartn.com/startnow/>, view the brief video "Start Now," click "Count Me In" and subscribe to the email updates. Certainly too, encourage your friends and family to do the same so we can help this message spread. Each of us can be a leader in protecting, promoting and improving the health and prosperity of Tennessee. So if you would please, [Start Now!](#)

Right Now

Tennessee is one of the least healthy states

*in America.**



DEBIT OR CREDIT

MANAGING CREDIT, DEBT, AND AVOIDING ISSUES



The New Year brings with it a new opportunity to get control of your finances. Make a resolution to save for the future, pay down debt, or learn to create and stick to a budget. Your Employee Assistance Program is ready to help you with the tools and information you need to manage your money.

TOLL-FREE:

800-822-4847

WEBSITE:

www.lifeserviceseap.com

username: **rutherford**

password: **employee**

Available anytime, any day, your EAP is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

Make Your Money Work For You: A Debt Management Plan

Jan 21 — 11 am, 1 pm

Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID Theft.

EMPLOYEE ASSISTANCE PROGRAM

WELLNESS HAPPENINGS

JANUARY 2014

JAN 1-31: Gym Feature 'The Wellness Center at St. Thomas

SAVE 40% See next page for more info.

JAN 16 : Take Charge of Your Diabetes— 6 week session

6-8:00P Call Misty to sign up 898-7710.

JAN 21 : LifeServices Webinar: "Making Your Money Work for You" 11 AM

& 1 PM Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID theft. www.lifeserviceseap.com

JAN 27 : Yoga for Back Care MONDAYS @ 5:30PM

8 week series at Patterson Park focused the back. Sign up now to ensure your space. Mats, blocks, and straps will be available. Bring blankets or beach towels

Contact: hannah.powell628@gmail.com

FEBRUARY 2014

FEB 17: Biometrics Screening Deadline-

RC MEDICAL INSURANCE POLICY HOLDERS Avoid the fee (payroll deducted)

?questions? Email: kperrien@rutherfordcountyttn.gov



Congratulations to:

Mary Schneider
Rutherford
County
Drug Court
She's the UP
Bracelet
Winner!!!



Hours

Mon-T
5:30am

Friday
5:30am

Saturday
8am-1

Sunday
Closed



Memberships Dues

The Wellness Center at Saint Thomas Rutherford Hospital

Rutherford County Smart Steps

Saint Thomas Rutherford Hospital Wellness Center will offer this discount to all Rutherford County Employees and their dependents.

Bring this document and your employee ID to The Wellness Center to
start your membership today!

- **SAVE 40+% ON MEMBERSHIP DUES**
- **NO JOINING FEES**
- **FREE SESSION WITH EXERCISE PHYSIOLOGIST**

Exercise Physiologists are available at no additional cost to meet with you to design an exercise program based upon your personal needs and goals, show you how to use the equipment, and give you a tour of the facility. Call 396-5500 to schedule your one-on-one appointment with an Exercise Physiologist, or come by Wellness Center's front desk during our business hours.

- **FULL ACCESS TO FACILITY AND CLASSES**

Treadmills, stationary upright and recumbent bikes, elliptical trainers, upright and recumbent stair machines, rowers, weight machines, functional trainer, and free weights. Locker rooms, showers. Group exercise classes including Yoga, Aerobics, Body Toning, Pilates, Zumba, Zumba Gold

- **OTHER PROGRAMS AND SERVICES**

Body Composition, Personal Training, Cancer Wellness, Pulmonary and Cardiac Rehabilitation, Stroke Recovery, Bariatric Wellness Aftercare, and Orthopedic Transition programs.

Rutherford County Membership Dues	Monthly Draft From Checking Only	1-Year Payment Cash or Check
Individual	\$20	\$240
Married Couple	\$40	\$480
Dependents	\$20	\$240

(must be legal dependent, ages 13)



Wellness
Center



Saint Thomas
RUTHERFORD HOSPITAL

1840 Medical Center Parkway Suite 203 M'boro TN 37129 | 615.396-5500 |
www.strutherford.com/wellnesscenter